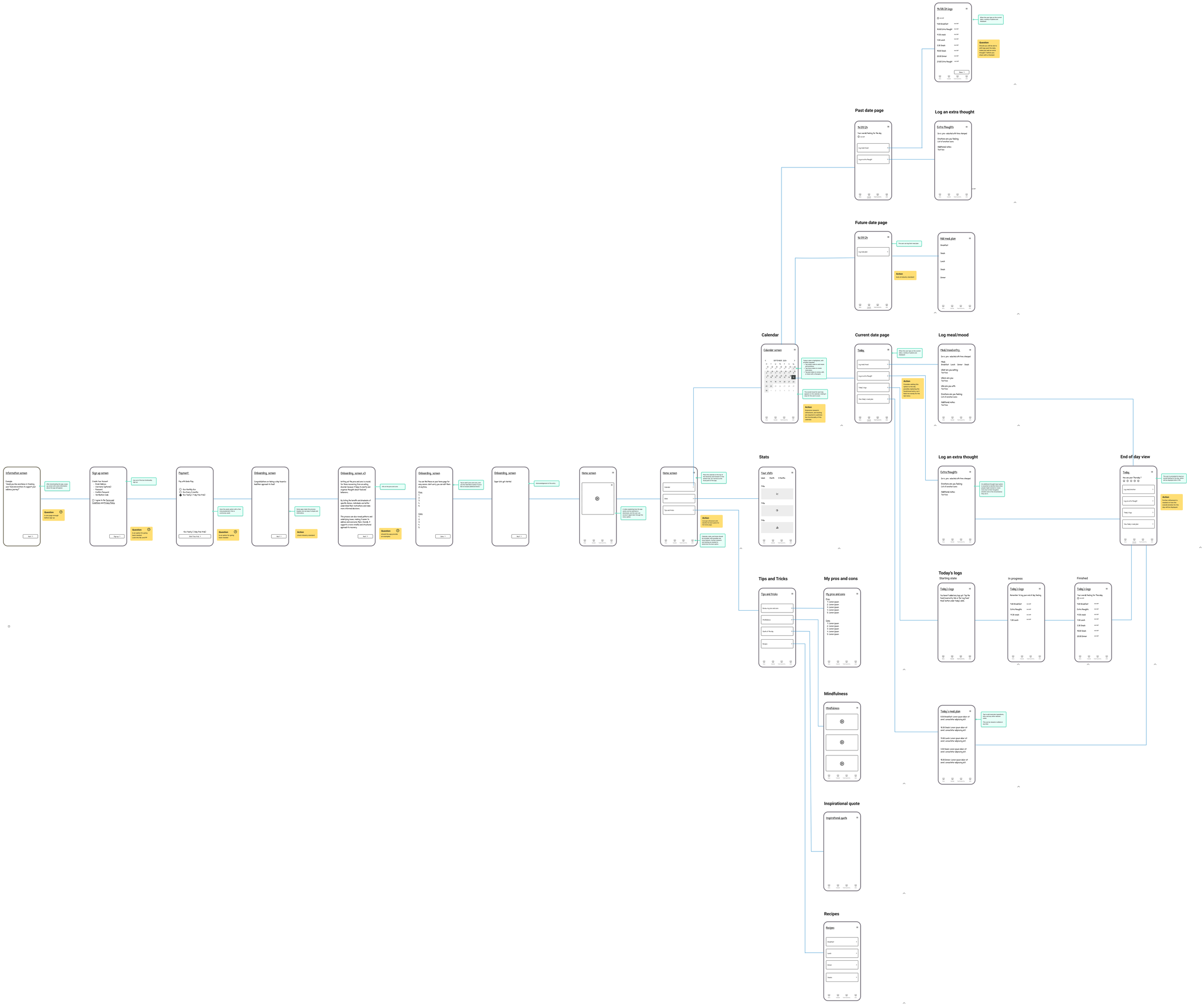
Information screen
Example:
"Would you like assistance in tracking your food and emotions to support your wellness journey?"
Next >
Write encouraging one-step, under-up screen with some information about the app and appeal.
Question
Is it simple enough before sign up
Sign up screen
Create Your Account
- Email Address
- Username (optional)
- Password
- Confirm Password
- Verification Code
I agree to the Terms and Conditions and Privacy Policy
Sign up >
Use out of the box functionality sign up
Question
Is an option for going back needed
Payment
Pay with Stripe Play
Kcc Monthly: €xx
Kcc Every 3 months
Kcc Yearly (1 day free trial)
Start Free trial >
Have the yearly option with a free trial possibility since is commonly used.
Question
Is an option for going back needed
Onboarding_screen
Congratulations on taking a step toward a healthier approach to food!
Next >
Some apps make this process lengthy, but we keep it simple and informative.
Action
check industry standard
Onboarding_screen x3
Writing out the pros and cons is crucial for this, because by focus on setting boundaries between the pros and cons of specific choices, individuals can further understand their motivations and make more informed decisions.
This process can also reveal patterns and underlying issues, making it easier to address emotional eating. Overall, it supports a more mindful and intuitive approach to recovery.
Next >
Info on the pros and cons
Question
should the app provide all examples
Onboarding_screen
You can find these on your home page for easy access. Don't worry you can edit them at anytime.
Pros:
1.
2.
3.
4.
5.
Cons:
1.
2.
3.
4.
5.
Done >
Tips to add 5 pros and cons, and use the Add/Move button if you'd like to include additional options.
Onboarding_screen
Super let's get started
Next >
Acknowledgement of the entry.
Home screen
Home screen
Calendar
Stats
Tips and Tricks
Place this calendar at the top of the Homepage and include it in the bottom tab, as it serves as the focal point of the app.
A video explaining how the app works can be included in onboarding, and the user can access it at a later through the menu option.
Calendar, stats, and home should be included, and possibly one more feature—further research is needed to ensure the most seamless the best option.
Action
Concept refinement with benefits the best option for the home page
Stats
Your stats
Week Month 3 Months
Title
Title
Title
Tips and Tricks
Tips and tricks
Review my pros and cons
Mindfulness
Quote of the day
Recipes
My pros and cons
My pros and cons
Pros:
1. Lorem ipsum
2. Lorem ipsum
3. Lorem ipsum
4. Lorem ipsum
5. Lorem ipsum
Cons:
1. Lorem ipsum
2. Lorem ipsum
3. Lorem ipsum
4. Lorem ipsum
5. Lorem ipsum
Mindfulness
Mindfulness
Inspirational quote
Inspirational quote
Recipes
Recipes
Breakfast
Lunch
Dinner
Snacks
Calendar
Calendar screen
SEPTEMBER 2024
Today's date is highlighted, with 24 dates logged.
Click on a date to add meals and emotions.
Click on a date to create meal plans.
Click on a date to review, edit, or erase entry's therapists.
The overall mood for each day appears on the calendar, making it easy for the user to scan.
Action
Business research, refinement, and testing are required to optimize the functionality of the calendar.
Current date page
Today
Log meal/mood
Log an extra thought
Today's logs
View Today's meal plan
When the user taps on the current date, a series of options are displayed
Action
Consider adding this feature, which is possibly replacing the food/mood entry, as it feels too wordy for the camera
Past date page
7s/08/24
Your overall feeling for the day
Log meal
Log an extra thought
Log an extra thought
Extra thoughts
Don't you selected with how changed
Emotions are you feeling:
List of emotion icons
Additional notes:
Text box
7s/08/24 logs
Log meal
10.00 Breakfast
10.00 Extra thought
11.30 snack
1.30 Lunch
3.30 Snack
18.00 Snack
20.00 Dinner
21.00 Extra thought
Back >
When the user taps on the current date, a series of options are displayed
Question
Should you still be able to log meals and emotions, make just add an extra thought ? before you share with a therapist
Future date page
7s/09/24
Log meal plan
The user can log their meal plan
Action
Look at industry standard
Add meal plan
Breakfast
Snack
Lunch
Snack
Dinner
Log an extra thought
Extra thoughts
Don't you selected with how changed
Emotions are you feeling:
List of emotion icons
Additional notes:
Text box
An additional thought input option is essential to identify times when individuals experience a desire to share ideas or their thoughts/ emotions and or the circumstances they are in.
End of day view
Today
How was your Thursday ?
Log food/another
Log an extra thought
Today's logs
View Today's meal plan
The user is prompted to input an overall feeling for the day, which will be displayed after a time
Action
Further refinement is needed on how the overall emotion for the day will be displayed.
Today's logs
Starting state
Today's logs
You haven't added any logs yet. Tap the food/mood/extra tab or the 'Log Food/ Mood' button under Today's date.
In progress
Today's logs
Remember to log your end of day feeling
7.00 Breakfast
Extra thoughts
11.30 snack
1.30 Lunch
Finished
Today's logs
Your overall feeling for Thursday
7.00 Breakfast
Extra thoughts
11.30 snack
1.30 Lunch
3.30 Snack
18.00 Snack
20.00 Dinner
Today's meal plan
8.30 Breakfast Lorem ipsum dolor sit amet, consectetur adipiscing elit.
10.30 Snack Lorem ipsum dolor sit amet, consectetur adipiscing elit.
13.00 Lunch Lorem ipsum dolor sit amet, consectetur adipiscing elit.
3.30 Snack Lorem ipsum dolor sit amet, consectetur adipiscing elit.
18.30 Dinner Lorem ipsum dolor sit amet, consectetur adipiscing elit.
Tap to add more your ingredients, dress, and any other relevant information.
This can be viewed or edited at any time.